

You Can Quit!

Classes

Tobacco Cessation Support Class **FREE**

Sea Mar Community Health Center, Vancouver
(360) 397-9212. Six weekly 90-minute sessions offered 3 times per year.

Smoking Cessation Classes

Providence Health Plan, Portland
(800) 562-8964. Eight, 90-minute sessions.

Apps

FREE

The SmartQuit Program is offering a free app to help you stop smoking.

Go to doh.wa.gov/SmartQuit to get free access and become the master of your Urge Monster.

FREE

Another popular free app is: [Quit It Lite](#) - stop smoking today.

<https://itunes.apple.com/us/app/quit-it-lite-stop-smoking>

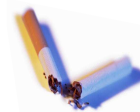
Phone

Washington Tobacco Quit Line (800) Quit-Now (784-8669) **FREE**

Speak with a trained expert on quitting and get questions answered.

National Cancer Institute (toll free) (877) 448-7848 **FREE**

Printed materials on smoking and health, counseling with cessation specialist.



Quit For Life (toll free) (800) 292-2336

Phone counseling, five calls for 1 year, information packet, support line available.

Free and Clear (toll free) (866) 301-3866 option 2

Kaiser Permanente. Phone counseling, receive five scheduled calls over one year. Unlimited access to one-on-one support between scheduled calls.

National Cancer Information Center (800) 227-2345 option 3 **FREE**

Speak with a cancer information specialist; receive printed materials.

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Online

American Cancer Society <http://www.cancer.org>

Download their *Guide to Quitting Smoking*.

Become an EX <http://www.becomeanex.org>

A new way to think about quitting.

How to Quit www.cdc.gov/tobacco/how2quit.htm

Tips, guides, compelling stories from real people and more.

Quit Net www.quitnet.com

Don't quit alone. Find community, resources, and expert support.

Freedom from Smoking <http://www.ffsonline.org>

Online counseling and lessons at your own pace.

Smokefree.gov www.smokefree.gov

Talk to an expert, hear real stories, connect with others; text messages, phone apps and more.

Quitting Smokeless www.quitsmokeless.org

Real stories, help from fellow quitters.

Be Tobacco Free <http://betobaccofree.hhs.gov/>

Answers to your questions about quitting, secondhand smoke, smokeless tobacco, electronic cigarettes and more.

My Time to Quit <http://mytimetoquit.com>

Pfizer Inc.

Way 2 Quit <http://www.way2quit.com>

GlaxoSmithKline

Breathe Program www.kp.org/healthylifestyles/

Kaiser Permanente online program for members only.



For other formats

Clark County ADA Office, Voice (360) 397-2000
Relay (800) 833-6384, E-mail ADA@clark.wa.gov